



BIEBER AND CREW LIGHT IT UP (page 12)

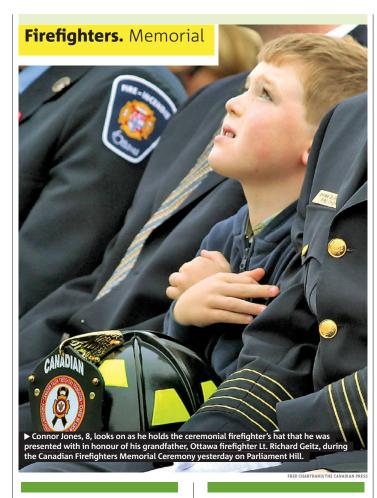
MTV 达 AWARDS



Monday, September www.metronews.ca



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Does zero mean zero this time?

Mayor O'Brien promises no tax hikes if re-elected (page 3)

Renting nightmares

Tips for tenants, especially first-time renters (page 21)

Watson omises penness

• 'A capital city like ours should be a shining light of openness and transparency and it's clear we have to do a lot more,' says mayoral candidate Jim Watson



TRACEY TONG

If he's elected, mayoral candidate Iim Watson says he plans to implement policies that will deliver increased openness and transparency at city hall.

"We must start governing ourselves by a higher ethical standard, and the changes I have proposed ... will raise the bar for our municipal leaders," said Watson.

Watson said he would pass a bylaw in conjunction with council that prohibits all elected officials from sitting on corporate for-profit boards of directors.

The current mayor sits on a private, for-profit board of directors. I don't think that's appropriate," Watson said.

Watson said he was not questioning Mayor Larry O'Brien's ethics.

"I'm questioning his judgment," he said. "Why would he continue to stay on a corporate board of directors that does business with the City of Ottawa ... the optics don't look good."



"Trust is fundamental to our municipal government ... Without trust in our elected leaders and the process in which decisions are made, residents quickly lose faith." IIM WATSON, MAYORAL CANDIDATE

Watson would also require the mayor to put all financial assets in a blind trust and ban all sole-sourced contracts by the city, which he said damage public trust.

On Lansdowne Park, he said, "I'm not going to turn back the clock, but on a goforward basis, my view is that we shouldn't be sole-sourcing."

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Career Opportunities

Graduates of this program will have the opportunity to enter the workplace with the skills to perform the tasks carried out by employees within accounting departments such as Accounts Receivable, Accounts Payable, Billing, Payroll and Collections. Employers are looking for competent accounting and payroll professionals who are trained to effectively collect, record, organize and prepare financial records. An accounting background is one of the first steps into Business Management.

Accounting and Payroll subject matter includes:

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- Computerized Accounting, Simply-Levels 1 & 2
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- QuickBooks
- Introduction to Pavroll
- Human Resources
- Introduction to Business
- Effective Business Writing

Computer Skills

- Computer Fundamentals with Keyboarding
- Word Processing-Level 1 (MS Word)
- Spreadsheets-Level 1 & 2 (MS Excel)



Personal Support Worker

Program Objective

"Knowing that you are making a difference" to people who need you is what makes this career choice very rewarding. Sensitivity to individuals and their rights is a central theme of the instruction for the Personal Support Worker. Students will acquire the necessary skills to respond to the emotional and physical needs of residents and clients who are under their care.

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- Safety
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- Providing Optimal Support
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- Assisting the Dying Person
- · Assisting the Family
- · Cognitive Impairment and Mental Health Issues
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This program is designed to prepare you to plan, market, and deliver safe and effective fitness, wellness and healthy lifestyle programs. Students develop current, practical knowledge and skills in such areas as the development, implementation and evaluation of fitness and wellness programs, health promotion, lifestyle management, fitness assessments, leadership, safety and injury management.

This is a 43 week program including a 4 week co-op

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Wiggle Waggle the most successful yet

More than 1,200 walkers and their canine companions raised a record \$240,000 for the Ottawa Humane Society yesterday. The walk raised funds for the care of animals at the shelter and to support programs including humane education, animal visits, dog walking, adoptions and foster care at the OHS. "We're thrilled to have had our largest and most successful walkathon ever," said OHS executive director Bruce Roney. More photos at metronews.ca/local.

O'Brien pledges zero increase once again

O'Brien said rival Jim Watson's pledge to cap tax increases at 2.5% means an extra \$300M in additional taxes over this term of office • Watson called O'Brien's plan a bad rerun of the 'zero means zero' gimmick that brought Ottawa 14% tax hikes over the last four years



Next time around, zero will mean zero, but Larry O'Brien is going to need help to make that happen.

O'Brien released his financial plan over the weekend, promising to table a budget plan that shows how the city can freeze taxes for each year of the next term.

The plan includes freezing on the city's wage envelope for at least two years and imposing hiring restrictions to ensure the wage freeze target is met. He would also freeze the salary and office budget for the mayor and councillors for "This city already spends \$2.5 billion every year. I think \$2.5 billion is

enough." LARRY O'BRIEN

all of the next term and eliminate severance pay for politicians.

O'Brien would also implement a review of all city programs and services to ensure they are delivering 'value for money."

Under O'Brien's plan, residents would have a better view of how their money is spent. All city services would be subject to a comprehensive performance management system, with prehensive results posted online in real time. The city's finances for books would also be more public, and monthly financial reports would be posted on the city's website with a review and an action plan by the finance committee.

He also wants to alter the budgeting process to give the mayor the authority to bring forward the city's budget plan for debate.

Passenger critical after parkway crash

Police are investigating after a serious collision on the Ottawa River Parkway yesterday left two men injured and a car with a "devastating amount of damage," paramedics said.

workers Emergency were called to the parkway west of Parkdale Avenue just after 3 a.m., when an Acura Integra left the roadway and collided with a large tree

The front-seat passenger, a 19-year-old male, suffered life-threatening multi-sys-tem trauma to his head, chest and abdomen and is in critical condition at the Ottawa Hospital Trauma Unit. O TRACEY TONG

Man hurt in **swarming**

Police are investigating after a man was injured in a swarming Saturday. Just before 5 p.m., three male suspects, one of whom was carrying a small knife, accosted two male pedestrians on Rochester Street. One of the victims suffered a laceration in a scuffle. The suspects fled on foot with cash. • TRACEY TONG

Accused in cyclist's death remanded

woman charged in a hitand-run collision that killed a teenaged boy will remain in police custody.

Samira Mohamed Daoud appeared in court here Saturday and was remanded into custody.

Alex Hayes was riding his bike home Thursday night near the 5700 block of Bank Street when he was struck and killed by a vehicle.

Daoud faces more than a dozen charges including criminal negligence causing death, impaired operation of a motor vehicle causing death and failure to stop at scene of accident causing death. • TRACEY TONG





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Is Ottawa making immigration applicants who admit to past marijuana use get their head checked? Guidy Mamann has metronews.ca/ immigration





Hundreds of hours for that one special day

▶ Between the spring and fall editions, Ottawa Wedding Show attracts more than 80% of area brides



The average bride will spend more than 200 hours planning her wedding, according to Maria Kangarloo from Sentimental Flowers.

"Every time they go look for a dress and each time they meet with a DJ, florists or bakers, it takes a couple of hours, including travel time," she said.

travel time," she said.

A fairly simple wedding in Ottawa will cost about \$100 per guest, so it's very important to set a budget and stick to it, said Kangarloo.

There is a lot of temptation to do a lot of neat



things at a wedding, but that's a fast way to blow the budget, said Iriene Sedarous, a planner with A Merry Event. Even the guest list has to be capped at some point.

"It's not just about food. It's about decor, and centrepieces, and chair covers, those many things add up," she said.

"Make the right list from the beginning."



The best from our own backyard

The Ottawa chapter of the Canadian Organic Growers held its sixth annual Feast of Fields event yesterday. A celebration of the best of the annual harvest from the Ottawa-Gatineau region, the event pairs local organic farms with some of the city's top restaurants. Attendees voted on the best team and best booth.

More art on its way

Public art sculptures will soon be installed throughout the city as part of the

major construction projects that have transformed neighbourhoods.

33sculptures will be binstalled on Preston and Wellington streets.

TRACEY TONG



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Walk of Hope springs eternal in cancer fight

▶ Winners Walk of Hope the country's biggest fundraiser for Ovarian Cancer Canada

She was a wife, mother of three, sister and worked as a nurse at the Queensway Carleton Hospital.

Karen Burns was 44 years old when she was diagnosed with ovarian cancer about four years ago. She passed away from the disease in lanuary.

disease in January.

Yesterday, a group comprised of Burns' family, friends and colleagues participated in the Winners Walk of Hope to benefit Ovarian Cancer Canada.

"We're hoping to raise awareness for ovarian cancer and the treatments that are available ... as well as 2,600

The number of women diagnosed with ovarian cancer annually, according to Ovarian Cancer Canada. About 1,700 people die every year from the disease.

money for research," said Burns' sister, Stittsville resident Shirley Bishop. "But it's also a chance for all of us to get together."

One of the goals of the walk was to spread the word about ovarian cancer and get women out to get their testing done sooner, said walk co-chair Ryan Kelahear.

"The hard part is, the majority of cases — over 90 per cent — are detected in the third and fourth stages, and the survival rate at that stage is 20 per cent chance of surviving up to three years." said walk co-chair Kerry Stewart. "Fundraising is important, but awareness is everything. The more people we can get being diagnosed early, the more people are going to survive and the better the prognosis is for everybody."

TRACEY TONG

MUNICIPAL ELECTION

Record number of candidates

When nominations closed for the 2010 municipal election, Ottawa saw a record number of candidates on the ballot.

A total of 204 candidates had filed their nomination papers by the deadline time on Friday, up from 156 candidates who ran in 2006

"For the first time

ever, we've been forced to go to a legal-sized election ballot to accommodate the large number of candidates," said Ottawa elections manager Catherine Bergeron.

"Not only will residents have more candidate choices on the ballot, we have 556 voting places, 26 more than the last election."

On Oct. 25, residents will select one mayor, 23 councillors, and 37 school trustees for a term that runs from Dec. 1, 2010 to Nov. 30, 2014.

• TRACEY TONG

Ottawa better off: Report

Compared to other major Canadian municipalities, the global recession had less of an impact on Ottawa, largely due to low interest rates, a steady local employment rate and population growth, a 2009 City of Ottawa annual report released over the weekend stated. Highlights of the report include an investment of more than \$400 million of economic stimulus funding. • TRACEY TONG

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Hunter who shot husband to face judge today

• Father-in-law says 'negligent' act should be punished RCMP spent two years securing accused's extradition

Pennsylvania woman who says she fatally shot her husband on a hunting trip after mistaking him for a bear goes on trial today in central Newfoundland.

Mary Beth Harshbarger, 45, faces one count of criminal negligence causing death for killing her husband Mark four years ago as the couple hunted for black bear near Buchans Junction.

She has pleaded not guilty. Her judge-alone trial will be held before Justice Richard LeBlanc in provincial Supreme Court in Grand Falls-Windsor.

"In my mind, I would say definitely it was an accident." Mark's brother, Bar-



ry, who was hunting with the couple on the same illfated trip, said from a hunting lodge in Newfoundland as he prepared to head to Grand Falls-Windsor.

Barry Harshbarger declined to discuss whether he and Mary Beth Harshbarger became a couple soon after his brother's death, as other family members allege. He said he moved into her home in rural Meshoppen, Pa., in May to look after his niece and nephew, aged eight and four, when their mother was extradited to Canada to stand trial.

His niece and nephew are being cared for back home, he said.

His father, Leonard (Lee) Harshbarger, says he has been estranged from his daughter-in-law and son Barry since Mark was killed. THE CANADIAN PRESS



Angry Muscovites take to streets

Russian police broke up an unauthorized protest against Moscow Mayor Yuri Luzhkov and his policies. Officers detained several demonstrators.

688The main shaft at the San Jose mine in Chile collapsed Aug. 5, trapping the miners at more than 688 metres.

Mine rescue stalled

Chile's mining minister acknowledged that a problem has stalled one of three tun-

nels being drilled to 33 miners trapped underground. THE ASSOCIATED PRESS

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Take That alums reunite for troops

Some 60,000 attendees took in the concert in aid of the Help For Heroes charity, which supports members of Britain's armed forces. Robbie Williams and Gary Barlow, both formerly of Take That, reunited for the first time in 15 years to perform their new single, Shame.

Woman's falling death ruled a suicide

▶ Victim's boyfriend ruled out as suspect but asked to stay until investigation's end ◆ Family pleads for privacy

A 19-year-old Ontario woman died on Friday after falling off a balcony at a hotel in Cancun.

Giannina Di Roberto fell from the seventh floor of the Riu Caribe hotel.

She was vacationing at the resort with her boyfriend, also from Cana-

Gaspar Buenfil Caballero, director of the government department that investigates homicides, said yesterday that there is an ongoing investigation into the death but the indication at this point is that it



was a suicide.

"The boyfriend was detained for 48 hours but after all the investigations ... we found that he wasn't re-

sponsible for any crime," Buenfil Caballero said in a phone interview from Cancun.

"It was an self-inflicted accident ... For the moment, we think it's a suicide."

This is not the first time a Canadian has died after falling off a hotel balcony in Mexico.

Josh Iwasiuk died in January 2008 after Mexican police said he fell from a balcony 10 storeys high. The family however, questioned the autopsy results at the time.

THE CANADIAN PRESS

INTERNATIONAL AID

Tories not done with matching

The federal government is extending its deadline and will continue matching private donations of flood relief assistance to Pakistan.

Conservative House Leader John Baird made the announcement yesterday at the offices of aid organization CARE Canada, where he said the program to match charitable donations dollar-for-dollar is being extended by three weeks.

"We can and call upon Canadians' legendary, legendary generosity to ensure help reaches those who are most truly in need," said Baird.

The program sparked an increase in charitable giving to a Canadian relief effort that until that point had largely failed to generate much public interest. Kevin McCort, president of CARE, said donations jumped two-and three-fold after the government announced it would match funds on Aug. 22. THE CANADIAN PRESS

New green school has toxic roots

Students at a new school named for noted conservationists Rachel Carson and Al Gore don't have to go far for their first lesson: Their \$75-million campus was laden with toxic soil.

Los Angeles Unified district officials have spent \$4 million to clean up the site of the new Carson-Gore Academy of Environmental Studies, which is to open today. THE ASSOCIATED PRESS



Man snaps over eg

• Gunman's landlord describes his tenant as 'unpredictable' • One victim shot in front of her daughter

Stanley months, Neace had shown increasing hostility to his neighbours in rural eastern Kentucky, to the point his landlord started eviction proceedings. Then he snapped over how his wife cooked his eggs, and killed her and four others with a shotgun before shooting himself.

Neighbours in the mobile-home park said Neace stormed across several lawns in his pyjamas on Saturday and fired dozens of shots from a 12-gauge shotgun.

When the rampage ended, Neace and his wife lay dead, along with the gunman's stepdaughter and three neighbours.

Trooper Jody Sims of the Kentucky State Police said Neace, 47, killed the five people in two mobile homes, then went to his home and turned the gun



on himself. Investigators were still working yesterday to piece together exactly what happened

during rampage, Breathitt County Sheriff Ray Clemons said. The victims were iden-

wife, Sandra Neace, 54; her daughter Sandra R. Strong, 28; and neighbours Dennis Turner, 31; Teresa Fugate, 30; and Tammy Kilborn, 40 THE ASSOCIATED PRESS

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Lululemon stock on the rise

Shares in Vancouver-based yoga wear maker soared Friday after reporting Q2 profits

Vancouver-based yoga wear maker Lululemon, which in a decade has turned into a marketing phenomenon, cemented its position on Friday when it posted second quarter profits more than double the same period last year.

The company opened its first store in Vancouver in 1998, and has expanded to more than 100 stores in three continents in just over a decade.

"We continue to focus intently on our growth initiatives such as e-commerce, new stores and showrooms," CEO Christine Day said on a conference call with analysts Friday to discuss the phenomenal performance of the yoga and athletic wear maker.

Shares in the chain shot

Programs and schedules vary by campus

Financial assistance may be available for those who qualify

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up 11 per cent, or \$4.20 to \$41.26 in midday trading Friday on the Toronto Stock Exchange.

Zoe Tan, an analyst at Morningstar research, said the company's sales improvement was driven by both increased traffic and higher prices, "an admirable feat" as most retailers struggle to maintain prices in the shaky consumer environment.

TORSTAR NEWS SERVICE

ONLIN

Facebook edges Google: Data

U.S. web surfers are spending more time on Facebook than searching with Google, according to new data from researchers at comScore Inc. It says people spent a total of 41.1 million minutes on Facebook — or about 9.9 per cent of their web-surfing minutes for the month. That just surpassed the 39.8 million minutes, or 9.6 per cent, people spent on all Google sites combined, including YouTube and Gmail email. THE ASSOCIATED PRESS









TRYING TO BEAT THE STIMULUS CLOCK

Urban Compass STEVE COLLINS

As it enters its final months, Canada's Economic Action Plan is beginning to feel a little more like a \$62-billion game show than a stimulus program, a little Deal Or No Deal, a little Beat The Clock.

n Ottawa, where the scheme was hatched, we last week watched our local government plot a \$31million use-it-or-lose-it shopping spree with

leftover funds from the program. City staff found \$18 million or so in projects for the mad money and our councillors, most running for re-election next month, are doing their utmost to find ingratiating uses for the rest

It's not that the city doesn't

have a lengthy wish list of infrastructure repairs and improvements. It always does. Priority, however, could not be given to the most needed

projects, but rather those that were "shovel ready," and could be completed by the federal government's March 31, 2011, deadline. Nothing matters so much as haste.

So, no down payments on light rail or new central libraries. Instead, we're contemplat-

ing last-minute impulse buys like a new \$400,000 judge's tower for the Rideau Canoe Club I'm sure it will be very nice.

The \$401 million in stimulus pumped into this area has kept

the jackhammers, detours and flagmen going all summer, with no signs of a slowdown this fall. I'm not complaining. It's given columnists plenty of work, too.

Earlier this month, I witnessed vet another grand opening, this time the Sawmill Creek Pathway, a paved 1.2-kilometre bike trail connecting Walkley Road to Hunt Club.

It was a somewhat desolate spot, but easily

found thanks to the big Action Plan sign in Conservative party colours. As the Canadian Press has reported, these signs have been a particular government preoccupation, with the prime

minister receiving updates on their numbers and placement, and a portion of funding withheld until proof of proper signage was obtained.

Provincial Infrastructure Minister Bob Chiarelli, Mayor Larry O'Brien and Coun. Maria McRae were in attendance to say some kind things about one another, but from the federal side, neither federal Transport and Infrastructure Minister Chuck Strahl nor Nepean-Carleton MP Pierre Poilievre could make it to the party. Strahl did, however, send a nice note.

Perhaps this gruelling campaign of ribbon cuttings and groundbreakings across the country is beginning to take its toll on the Tories in the form of announcement fatigue. And we've still got more than six months to go.

Cartoon



Fun and fitness at work



Letters **Tweets**

We asked: What's the best job you ever had?

TORONTO. The best job I had was as an employee of a fitness club because I could communicate with a wide range of customers from all generations. Even though I was a receptionist, I could train customers and I could also use the machines to exercise.

KEI AOSAKA

TORONTO. The best job I ever had was as a clerk at a luxury brand store in Tokyo.

Observation of the products and the customers was really fasci-

Shaping up

"Instead, we're

contemplating

last-minute

impulse buys like

a new \$400,000

judge's tower for

the Rideau

Canoe Club."



nating.

I could also see new products earlier than customers.

кото тѕисніча

TORONTO. I was a university student who studied Turkish in Japan. The best job I've ever had was as a presenter at university. This job was needed to introduce the Turkish

course, university life and what Turkey is like to high school students who wanted to enter. It was a temporary job and boring. But two years after this job, an unfamiliar student came to me and said thank you for your stories and advice. I was really surprised and pleased to hear that. SHUNYA IKEDA

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Metro Minute at political debate

Get to know a few of the candidates running in this year's municipal election by attending a councillor mayoral debate tonight at city hall.

The theme for the debate centres on the concept of No New Money, which means the cost of new initiatives is covered by an equivalent cut in existing services or administration costs. Only a random sampling of council candidates will be present, but most of the 20 mayoral candidates are expected to attend.

There will be rounds of council debates at 5:30 p.m. and 6:30 p.m., and then mayoral candi-dates will speak at 7:30

TIM WIECLAWSKI





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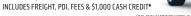


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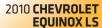












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scene

News in brief



The big-screen adaptation of Mordecai Richler's bestselling book, Barney's Version, has won a prize at the Venice Film Festival. The film nabbed the "Leoncino d'Oro" Award or golden lion cub, which is a play on the name of the main Venice prize, the Golden Lion.

The prize is voted on by a group of local school children and in the past has been a harbinger of further acclaim. Six of the previous 18 Leoncino winners have gone on to win the Golden Lion.

Barney's Version debuted at the Venice Film Festival on Friday. The festival ends Saturday, with the awarding of the top Golden Lion and other prizes.

The film features an ensemble cast led by Paul Giamatti as the ornery Montreal TV producer Barney, Dustin Hoffman as Barney's foulmouthed father Izzy, Rosamund Pike as Barney's true love, Miriam.

THE CANADIAN PRESS



Lady Gaga caps off record 13 VMA nominations by sweeping every category ◆ Taylor Swift forgives Kanye West for last year's award speech fiasco — in song • Host Chelsea Handler, Jackass cast put rowdy spin on the proceedings



Awards and antics mark VMA night

in Los Angeles

Taylor Swift has absolved Kanye West of last year's onstage sin with one som-

bre song. The 20-year-old delivered a poignant and pow-erful ode about West at last night's MTV Video Music Awards in Los Angeles that instead of criticizing him, sympathized with his difficult time in the spotlight and West's own admissions that his ego has often gotten in his own

way.
"Thirty-two and still growing up now; who you are is not what you did," she sang softly, adding: "You're still an innocent."

Swift's dramatic performance delivered on the hype promised from a sequel to last year's incident when West marred Swift's acceptance speech for best female video by jumping onstage and insisting the award should have gone to Beyonce. In the aftermath, endured intense backlash, despite an apology, as well as a serious dent in his career that has yet to be ironed out.

Last week on Twitter, West poured out his heart, again apologizing to Swift and saying how much he had suffered since the incident, and adding that he had grown.

While Swift is known for skewering those who have done her wrong, for West, she offered an olive branch with her song, written earlier this year.

The Swift-West pathos overshadowed the typical VMA antics.

The cast of Jackass got rowdy early on when one cast member stripped off his clothes onstage and revealed his underwear made to look like a chicken, with one suggestive

Host Chelsea Handler also added to the bawdiness. A pre-taped portion of her opening featured the host



Notable winners

- Best Dance Music Video, Best Female Video, Video Of The Year Lady Gaga — Bad Romance
- Best Collaboration Lady Gaga & Beyonce – Telephone
- Best Male Video Eminem - Not Afraid
- Best New Artist Justin Bieber

getting spanked multiple times by show participants backstage before running into the recently freed Lindsay Lohan, who also gave her a swat.

Lady Gaga — who set a VMA record with her 13 nominations was awarded best female video and best dance video for Bad Romance and best collaboration for her miniepic Telephone, featuring

THE ASSOCIATED PRESS

Call me Canuck comedy

◆ HBO betting big on Canadian comedy and Canadian stars with Call Me Fitz ◆ Premieres next Sunday night





Jason Priestley gives used car salesmen an even badder name in the new comedy series Call Me Fitz.

As the hard-drinking, embezzling, egomaniacal womanizer Richard Fitzpatrick, Priestley obliterates all lingering thoughts of him as likable teen Brandon Walsh on Beverly Hills 90201.

'Roles like Fitz just aren't written that often. So when you read one you jump at it," Priestlev

enthused during a recent trip to Toronto. "Hell, I fought for the part. I went in and auditioned. And thankfully my ideas on the character jibed with (creator) Sheri Ellwood."

In the series opener premiering Sunday, Sept. 19 on HBO Canada — Fitz' debauched life unravels when a test drive leaves a customer in a coma.

Returning to work, Fitz finds new competition in Larry (Ernie Grunwald), who claims to be his con-

Larry says it's his job to get Fitz' life back on track

Need to know

How the show shakes

- His conscience Larry (Ernie Grunwald) shows up on the Fitzpatrick lot intent on rehabilitating Fitz's battered psyche and the entire Fitz family's sleazy way of life.
- No easy task This is not as easy as he'd hoped, as daily events include impromptu porn shoots, black market kidney trading, sniper shakedowns, cowboy themed bachelor parties, long nights in the drunk tank and more brain damaged sex than even Fitz can handle. It's all in a day's work at Fitzpatrick Motors.
- This season The Canadian comedy has shot 13 episodes for this, the first season.
- The next season 13 more episodes have already been ordered for Call Me Fitz.

- if that's even possible with the morallybankrupt salesman.

"It's a real fine line with Fitz. The trick is that even though he's doing these questionable things you have to make the audience care," says Priestley.

"Even if you don't like him, you have to understand his motivations. That allows you to laugh."

Call Me Fitz is already a hit Filming of the second season has already begun in

Priestley. "The first sorts.

PROHIBITION BEGINS

SEPTEMBER 19 | 9PM

CANADA

va Scotia. ty good trick, eh?" laughs

season turned out really well. But we still need people to watch it now."

Priestley, who also helmed two episodes of Call Me Fitz, has in recent years become a TV director-for-hire on

shows like The Secret Life of The American Teenager and 7th Heaven.

"Being able to jump tween acting and directing, I think makes me better on both sides of the camera," he says.

Priestley even directed an episode of the recently revamped 90210. He says the young cast didn't seem all that interested his old 90210 war stories.
"Hey — it's

been a lot of years. I think most of the actors are too young and nevthe original show." er saw me in

Call Me Fitz airs Sunday night on HBO Canada.

Two new thumbs up

Ebert returns to TV in new role on At the Movies

Film critic Roger Ebert, who lost his ability to speak and eat after cancer surgeries, said Friday that he is returning to television on a movie review show that he is producing for public television.

And, Ebert says, the thumbs up and thumbs down reviews made famous with his late partner Gene Siskel will return.

"This is the rebirth of a dream," Ebert said in a statement.

The Pulitzer Prize-winning Chicago Sun-Times film critic is producing Roger Ebert Presents At the Movies with his wife, Chaz Ebert. The weekly, half-hour review program will debut in January and

"(Roger Ebert) felt that there's still a need for a straight forward movie review show to tell you whether or not a critic thinks the movies are worth seeing."

be syndicated nationally on public television stations.

The show will feature co-host Christy Lemire of The Associated Press and contributing critic Elvis Mitchell of National Public Radio and former movie critic for The New York Times. Ebert will have his own segment on the show called Roger's Office, dur-ing which he will use his computer voice to review new movies or talk about the state of film.

"(Roger Ebert) felt that there's still a need for a straight forward movie review show to tell you whether or not a critic thinks the movies are worth seeing," Chaz Ebert in an interview. "Christy and Elvis sat in for Roger at various times in his absence and we thought they were smart and vibrant and exciting critics '

Earlier this year, Disney-ABC cancelled Ebert's At The Movies.

THE ASSOCIATED PRESS



TV watch list

Lies continue

TELEVISION.Lightman's relationship with the FBI is tested as he investigates the murder of a journalist in the season finale of Lie to Me. Season 3 will begin in November.

Lie to Mie (Global, Fox)

Down to the final 8

REALITY TV. The eight remaining couples square off during a performance episode of So You Think You Can Dance Canada

So You Think You Can Dance. (CTV)

Will Berry play Queen of Soul?

Halle Berry and Denzel Washington: Aretha Franklin wants you.

Franklin says she'd love to see the two Oscar winners in a filmed adaptation of her autobiography, Aretha: From These Roots. THE ASSOCIATED PRESS



Biopic's wish list

The Queen of Soul this week revealed a wish list of actors she'd like to see sign up for a planned film about her life.

She wants Halle Berry to take on the role of a younger version of herself. Denzel Washington would portray her father, while Terrence Howard would be Smokey Robinson.

Gaga's over her personal bad romance









FORJAW-WALKING



Lawsuit dismissed by producer and old flame on The Fame album

They may have had a bad romance, but now there's an amicable professional split between Lady Gaga and a music producer who said she ditched him as both a collaborator and a boyfriend after he helped launch her career.

Court papers filed this week show the Grammy Award-winning Bad Romance singer and songwriter-producer Rob Fusari agreed to dismiss the lawsuits each filed against the other in March.

He'd sought \$30.5 million, but it's unclear whether they made any monetary deal. Lawyers for both sides and a Gaga spokesperson didn't immediately respond to phone and email messages Friday.

Fusari had said the popmeets-performance-art shoehorned sensation him out of her lucrative career after he co-wrote such Gaga hits as Paparazzi and Beautiful, Dirty, Rich, came up with her stage name and helped get her record deal.

Fusari — who has a producing credit on Lady Gaga's 2008 debut album, The Fame - met the singer two years, according to his lawsuit. He has studio in Parsippany,

N.J.

He said they forged both a romantic and a relationship,

Lovers' quarrel

Rob Fusari of Parsippany, N.J., met the singer two vears before her 2008 debut album The Fame.

- When they met, she was known as Stefani Germanotta, court papers say.
- He claims he was shoehorned out of money from their contract, including a 20 per cent share of her song royalties.

both soured, and he was denied money to which he said he was entitled in their contract.

He said he'd gotten about \$611,000 but was due far more.

"All business is personal," his lawsuit said. "When those personal relationships evolve into romantic entanglements, any corresponding business relationship usually follows the same trajectory so that when one crashes they all burn.

"That is what hap-pened here."

Lady Gaga's lawyers had said Fusari was just an agent for her and got then-inexperienced singer to sign an unfair agreement in 2006.

Her lawsuit asked a court to void the "unlaw-ful arrangement," or at least declare that Fusari wasn't owed what he claimed.

THE ASSOCIATED PRESS





Pregnancy worries plague Lily

Lily Allen is opening up about her trepidations over her pregnancy. While she's thrilled to become a mom with boyfriend Sam Cooper, the singer says her pregnancy has been "difficult" so far.

"I came off the pill and, weirdly, a week later it happened. But then it was really difficult, I had complications," she tells the Sunday Times.

"I had to have lots of scans. I've been living in fear for the past three months." • METRO

Coming to her defence

Former bodyguard refuting claims of child abuse Spears' camps issues official statement

While Britney Spears is dodging allegations of sexual harassment and child abuse from one former bodyguard, another is coming to her defence.

"In our time with Britney, we've never seen anything in a negative sense, former security guard Mark Chinapen tells E! News. Chinapen says he was present when the L.A. County Department of Children and Family Services investigated abuse claims at the singer's home, "but at the end of the day, there was no issue," he says.
"They came, were hap-

py with the results, and walked away."

The former bodyguard, Fernando Flores, who is making the abuse claims has also filed a sexual harassment suit against Spears.

He claims that Spears repeatedly exposed herself to him and made unwant-



ed advances.

The following statement was posted on Spears' website on Thursday: "This lawsuit is another unfortunate situation where someone is trying to take advantage of the Spears family and make a name for himself. metro



Talking points

Angelina getting lonely on latest trip to Pakistan

COMPLAINING ON A MISSION OF MERCY SEEMS COUNTER-INTUITIVE TO WHAT YOU'RE TRYING TO DO. Angelina Jolie admits that her second iob as a United Nations goodwill ambassador can leave her feeling pretty lonely when traveling to places like Pak-istan, where she's been meeting with flood vic-

So how does she

cope?
"I'll talk to my family," Jolie tells CNN's Šanjay Gupta.

"I talk to Brad (Pitt). He wants to know as much as he can about these issues and every trip. He's been here as well: he came with me after the earthquake. But I don't know, I don't have a lot of friends I talk to. He is really the only person I talk to."

Jolie has donated \$100,000 of her own money to assisting the relief in Pakistan. She is visiting

to high light the After she finishes plight she is headed to Italy

of more \$40 million than 20

Celebrity tweets



Justin **Bieber** [A]justinbieberl regardless of

what happens im lucky to have the greatest fans ever. so thank you!!



Lily Allen [Alilyroseallen]

n another note. Where is the best place to find great antiques in the Gloucestershire area?



Kelly Osbourne [@MissKel-

fied! I just ripped a huge hole in my pants bending down to pick up a bag- in front of the whole plane! Fun walk to baggage claim



influenced ... well maybe a

METRO

million people affected by the country's worst ever floods.

The actress, a UNHCR goodwill ambassador, said the situation in Pakistan was "extraordinarily complex." The area is temporary home to almost two million Afghan refugees. METRO



Megan Fox enjoying married life to Green

Megan Fox is still thrilled with her choice to marry boyfriend Brian Austin

"Getting married was the best thing I've ever done," she tells People magazine. "I married my best friend. I'm so lucky to get to be with him every day, and he's my protector.

I feel so safe and happy and completed.'

And she says helping raise Green's 8-year-old son, Kassius, has been

amazing.
"I really enjoy it. It's a lot of work but I like it. It grounds me," she says. "I like being domestic."



allergic to the morning?



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METRO



at the end of Sept., cites economic downturn. Scan code for story.



Pass the veggies, to your preteen

▶ Recent survey shows majority of kids are concerned about nutrition and healthy eating ▶ 90 per cent said they look to their parents for guidance

Preteen children aren't as interested in consuming greasy fast food and sugary treats as previously thought, new research released Thursday indicates.

In fact, the majority of kids under age 13 are concerned about nutrition and healthy eating, according to a survey conducted earlier this year. And almost 90 per cent of kids surveyed say they actually care about what their par-

ents do and say when it comes to healthy eating; they are still interested in guidance and support from their parents.

"This new research sends a powerful message and call to action from kids that the combined influence of parents, teachers and schools gives them the best chance to succeed in practising healthy eating," says Heidi Boyd, a registered dietitian with

"Parents need to model healthy eating and the teachers need to ensure they are not giving 'mixed messages' by teaching healthy eating and then modeling poor habits."

JUDY SHEESHKA, DIETITIAN

Dairy Farmers of Canada, the agency that sponsored the research. "The advice from kids is clear and now it's up to parents and teachers to respond."

Dietitian Judy Sheeshka says that what she found most interesting about the results is the fact children place the most trust in their parents and teachers and really want their help with healthy eating.

Survey says...

The research was conducted between April and May 2010 and involved 16 focus groups with a total of 78 children across Ontario, as well as an online survey of 500 children.

- Three-quarters of the children surveyed said that if their parents stock healthy food, they would eat it.
- 82 per cent of those surveyed said they would like to learn to cook in school.

Advise students to bank their summer earnings

Do you remember how good it felt to reach the end of your first summer job with money in the bank?

While it's often tempting for young adults to spend money earned over the summer immediately, it's a good idea for parents to advise their kids on the importance of financial responsibility and setting aside some of those earnings for future use.

The BMO Retirement In-

stitute offers the following points for parents to share with their kids:

Encourage your kids to put away small amounts at a time. Before they know it, their savings will bloom and they'll have established a good investment base with which to grow.

It's never too early for young adults, both to learn about Registered Retirement Savings Plans (RRSPs) and Tax Free Savings Accounts (TFSAs) and to be-

Save or splurge?

Almost 90 per cent of Canadians believe that retirement planning should begin before the age of

It's much easier to establish a healthy savings discipline when you're young and have disposable income, especially when there aren't as many competing priorities. gin making regular contributions to them.

Teach your kids about setting up an automatic savings program. Behavioural studies have shown that people are more likely to meet their savings goals if they don't have cash readily available in their bank accounts.

Explain the magic of compound interest. Demonstrate how a small percentage of their summer earnings can, over

time, grow into a substantial amount. For example, if you invest \$1,000 a year for 25 years, your initial investment of \$25,000 could grow to more than \$65,000 during that time with compounding interest (assuming a seven per cent rate of return).

For more information, or to view the BMO Retirement Institute study, visit bmo.com/RetirementInstitute.

NEWS CANADA

Salad perfect for end of summer

Teriyaki salad packs a punch Simple, quick and so flavourful you can hold the dressing

The goal here is a flavourjammed salad that is simple, speedy and so good you don't even need a dressing

dressing.
Start out by marinating thinly sliced beef in a power-packed marinade of teriyaki sauce, hoisin, cider vinegar, sugar and hot sauce.

Eye round roast is a good choice for the beef, but feel free to use any steak or other cut that will handle being thinly sliced and briefly grilled.

and briefly grilled.

The beef can sit in the marinade for as little or as long as you like. Once you pull it out, it goes on and off the grill in about two minutes. Throw it over some chopped romaine and sprinkle with crumbled blue cheese and you pretty much need nothing else.

But if you want to add some crunch, some purchased croutons would be a nice addition.

Ingredients:

- 125 ml (1/2 cup) prepared teriyaki sauce or marinade • 125 ml (1/2 cup) hoisin sauce
- 30 ml (2 tbsp) cider vinegar
- 15 ml (1 tbsp) sugar
- 7 ml (1 1/2 tsp) hot sauce
- 750 g (1 1/2 lb) eye round roast, trimmed of fat and cut into 5-mm (1/4-inch) slices
- 2 large hearts of romaine, roughly chopped
- 125 ml (1/2 cup) crumbled blue cheese
- 250 ml (1 cup) halved cher ry or grape tomatoes

Preparation:

In a medium bowl, whisk together teriyaki, hoisin, vinegar, sugar and hot sauce. Add steak, turning to coat well, then cover and refrigerate for 30 minutes.



- Meanwhile, arrange lettuce on four serving plates.
- Heat grill to high. Coat grates with cooking spray.
- Use tongs to transfer steak, leaving as much of the marinade clinging to it as possible, to the grill. Cook for 1 to 2 minutes per

side.

Divide steak among serving plates over lettuce. Sprinkle with blue cheese. Divide tomato halves among salads.

Superfood: Persimmon



No, it's not a tomato, but a persimmon. This bright orange fruit has zero fat and is high in carbohydrates and natural sugars. It's high in fibre and Vitamin A and a recent Japanese study showed that persimmon peel contained the phytochemical, proanthocyanidin, thought to protect cells against oxidative damage associated to skin aging.

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Financial assistance may be available for ESL courses. International fees apply to international students.

 $^{\ast}\text{A}$ placement test is required for all ESL and FSL levels except for FSL Beginner 1.



VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is initially 12 weeks with possible continuation of up to 24 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-65 years of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed		
I am having difficulty sleeping		
I am feeling low in energy and slowed down		
My appetite has changed		
I am experiencing feelings of guilt		
I have lost interest in work and pleasurable activities		
I feel hopeless about the future		
I feel tense and anxious		
l am having difficulty making decisions		
I am having trouble concentrating		



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If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:

(613) 737-5454 ext. 225

All information is kept in strictest confidence. Research programs are reviewed by an ethics review board.

03-18-10

Queen of Green

LINDSAY COULTER

SEND YOUR OUESTIONS TO OUEENOFGREEN@METRONEWS.CA. FOR MORE GREAT TIPS, VISIT THE DAVID SUZUKI FOUNDATION AT DAVIDSUZUKI.ORG



QUESTION: Is there such a thing as a safe non-stick pan?

Mary from Ottawa

here are safer alternatives to frying pans and cookware coated with perfluorooctanoic acid (PFOA) — a key

THERE ARE BETTER OPTIONS THAN NON-STICK COOKWARE

chemical found in Teflon. Try cooking with stainless steel, glass, ceramic or cast iron instead. Dupont, one of the eight major manufacturers of PFOA, plans to phase out the chemical by 2015. The good news is that you can start now! And you should.

Aside from choosing safer cookware, you can reduce your exposure by avoiding consumer products coated with non-stick chemicals. These include some types of dental floss, microwave popcorn bags, windshield cleaning solution and even pizza boxes. Also, watch for products that maybe appear safe but have non-stick inserts, like

rice cookers.

Most pans get too hot in our day-to-day cooking; releasing PFOA and other

substances. Then as they age and wear the coating can flake off into our food. PFOA is a suspected carcinogen and

hormone disruptor that we know stays in the body and our environment forever. About 95 per cent of us have PFOA in our bloodstream, including newborn infants. It has also been detected in marine animals and our cherished po-

"PFOA is a suspected

hormone disruptor

the body and our

that we know stays in

environment forever"

carcinogen and

Before you ditch your scratched-up frying pan, check

out your city's recycling guidelines or give its recycling hotline a call. Old non-stick pots and pans cannot be placed in your blue bin.

Chances are you will need to drop them off at a depot that

accepts scrap metal.
With safer alternatives out there, Teflon-coated cookware just isn't worth the risk. Switch to more eco-friendly options today.

























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Healthy Control Participants Needed for Multiple Sclerosis Research Study



The Ottawa | L'Hôpital Hospital d'Ottawa



The purpose of the study is to understand how multiple sclerosis (MS) affects people's ability to think or perform mental tasks. This will be done by comparing performances on different tasks between healthy individuals who have not been diagnosed with MS and people who have MS.

Participants will complete tasks that measure how quickly you can process information as well as perform other mental functions. This will require 3 visits over a 3-year period to the General Campus of the Ottawa Hospital at times that are convenient to you. Parking expenses will be covered.

This study has been approved by the Ottawa Hospital Research Ethics Board and the Carleton University Research Ethics Board.

For more information & find out if you are eligible, please e-mail Lindsay Berrigan. lberrigan@toh.on.ca or call 613.737.7350 x.75621

Tech lends hand to biz travellers

Smartphones allow you to carry on business when on the go • Cut down roaming rates with special packages

Mobile technology is rapidly transforming business travel - for the better. Broadband networks, feature-rich smartphones and an explosion of mobile applications now deliver useful information and tools to your fingertips, making it easier for you to get from A to B and back.

travellers "Business travellers want to make their time away from the office as worry-free as possible," said Gordon Stein, vice president, Rogers Business Segment.

The right mobile technologies can offer convenience and productivity so that you can stay connected with colleagues, manage office responsibilities and address client needs while away

Here are some smart

when your business takes you on the road:

Eliminate the uncertainty of roaming fees — If you travel regularly, ask your service provider about plans like Rogers One Rate that allow you to pay for a single allotment of voice or data to use anywhere in Canada or the U.S and pool your data with co-workers travelling along with you.

If you're an occasional traveler, a one-time pur-chase of a voice, text or data package will let you talk, text and surf in many worldwide destinations.

Connect when and where you need it Searching for Wi-Fi or Ethernet networks can be a hassle when travelling for

Save time and stay connected wherever you are with a high-speed mobile internet solution like an embedded laptop from Rogers, which provides a mobile office with its builtin connectivity.

Take your travel resources mobile are many mobile applica-tions that can increase the convenience and reduce the uncertainty of business travel like the Cortado Print and Fax app that lets you to print, scan and fax documents from your smartphone, or the SalesNow CRM app that helps you manage contacts and deals, and view sales funnels and forecasts

NEWS CANADA

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Renting nightmares

University students raise leasing concerns Always check agreement and know your rights, experts advise

Something was very wrong with the house David Molenhuis had rented just months earlier with three university buddies in London, Ont.

"We came back and the landlord had built a house onto the back of it," recalls Molenhuis, 28, a part-time student now living in Ottawa and national chair of the Canadian Federation of Students.

number of renters, Molenhuis has his share of rental nightmares, but it's his experience while attending the University of Western Ontario in 2003-04 that stands out

for all the wrong reasons.
"Where the windows were, you opened them up and there was insulation in them," he says. "Pink insulation staring me in the face. (They) didn't take out the windows, just built a house right up against ours."

Years later and still dishing out rent, Molenhuis says he's become more vigilant before signing a lease and encourages young, inexperienced prospective

The other side

Some advice from John Dickie, president of the Canadian Federation of Apartment Associations.

- Communication between the property manager and the tenant can save a lot of grief.
- Landlords should be clear with prospective tenants about the building's rules. Tenants should take care of the property and report the need for repairs.
- He says students tasting household freedom for the first time don't always know how to handle it. "The issue is knowing what one is supposed to do to fit in with the new environment," says Dickie.

tenants to do the same before getting the keys to their first place.

"We're a clear target for property management companies in university towns," he says.

While legislation gov-



erning tenants and landlords varies by province, industry experts say there are steps all renters can take to protect themselves from coast to coast.

"Get a copy of your lease, make sure you pay your rent on time," says Martha Lewis, a spokeswoman for the Tenant Resource and Advisory Centre

in Vancouver.

Of course, not all renters regardless of age - are perfect tenants, either.

"There are bad apples in both barrels," says John Dickie, the president of the Canadian Federation of Apartment Associations and a longtime lawyer dealing in landlord and tenant law. The canadian press

Books to win over kids

When it comes to stirring the imagination of children, there's nothing like a good book.

Earlier this year, The Canadian Children's Book Centre (CCBC) and TD Bank Financial Group announced the 2010 finalists for the TD Canadian Children's Literature Award.

This annual award recognizes excellence in Canadian children's literature and the author of the winning book will be awarded \$25,000 for the most distinguished book of the year.

Not only do these books

make an excellent reading list vetted by some of Cana-da's top children's literaprofessionals, this year's top five titles will captivate the hearts and imaginations of children and adults everywhere, resulting in an enjoyable (and educational) read for everyone involved.

According to Charlotte Teeple, the executive director of The Canadian Children's Book Centre, "The books chosen as finalists for the TD Canadian Children's Literature Awards exemplify some of the best work by

Canadian children's authors and illustrators

 Dragon Seer by Janet Mc-Naughton , HarperCollins, ages 11 and up

• Home Free by Sharon Jennings, Second Story Press, ages 10 – 13

The Hunchback Assignments by Arthur Slade, HarperCollins, ages 11 and up • A Thousand Years of Pi-

rates by William Gilkerson, Tundra Books, ages 10 - 14 Watching Jimmy by Nancy Hartry, Tundra Books, ages 12 and up NEWS CANADA

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sports

Quoted



"That's one of the biggest games of the season, getting that first win in the first week"

TENNESSEE QUARTERBACK VINCE YOUNG, ON BEATING



Vick shows flashes of old talent in loss to Packers

27

20

PACKER

EAGLES

Michael Vick is all the way back — daring runs, dynamic throws and a bittersweet defeat to show for it.

Aaron Rodgers threw a pair of touchdown passes, Mason Crosby kicked a team-record 56-yard field goal and the Green Bay Packers beat the Philadelphia Eagles 27-20 yesterday.

Not even a vintage performance from Vick — of all people — could stop the Packers.

In their first game since trading Donovan McNabb to Washington, the Eagles (0-1) started with Kevin Kolb and finished with Vick. Kolb left with a concussion at halftime, so Vick played meaningful snaps for an extended period for the first time in nearly four years.

"I feel like if I had been out there for four quarters, maybe we would've had a chance to win the game," Vick said.

Vick, a three-time Pro Bowl quarterback during six seasons in Atlanta, invigorated an offence that was awful in the first half. He finished with 175 yards passing and ran for 103.

"I thought Michael was phenomenal," coach Andy Reid said. "He brought the team back, he kept his poise."

THE ASSOCIATED PRESS



Texans run over Colts

▶ Undrafted Texans running back Arian Foster explodes for 231 yards, three touchdowns
▶ Indianapolis has historically dominated Houston

It took a record day by an undrafted running back for the Houston Texans to end years of frustration against Peyton Manning and the Indianapolis Colts.

Arian Foster, who spent most of last season on the practice squad, ran for a team record 231 yards and scored three touchdowns to carry the Texans to a 34-24 victory over the defending AFC champion Colts yesterday.

"Coming into the league, you don't know what to expect, especially if you are not heralded and there's not a lot of publicity," Foster said. "You see



guys like Andre Johnson and Matt Schaub and the way they carry themselves, and you try to mimic it and make your own personality. I feel privileged to bo boro

Foster had the NFL's second-best opening weekend rushing performance since 1933, topped only by Buffalo's O.J. Simpson's 250 in 1973 against New England.

The Texans (1-0) ran for a franchise record 257 yards and backed up their bold talk in the off-season that they were ready to challenge Indianapolis.

The Colts came into the game with 15 wins in 16 games in the series, including rallying from 17 points down in the previous two meetings in Houston.

THE ASSOCIATED PRESS

Running game

- The Texans ranked 30th in rushing last season, and building a ground attack was a focal point at training camp.
- Foster beat out Steve Slaton for the No. 1 running back spot, despite spending the first 10 games of last season on the practice squad.
- "We heard all off-season that our running game wasn't efficient," Foster said. "You can either let it get to you, or let it get in you, and I feel like we let it get in us, and we used it."

Rain pushes men's Open final to Monday

The U.S. Open men's final between Rafael Nadal and Novak Djokovic was postponed because of rain yesterday, marking the third consecutive year the season's last Grand Slam tour-

schedule.

Nadal and Djokovic
were supposed to begin
playing at 4:30 p.m. yesterday, but showers began
more than 90 minutes earlier and hadn't stopped by

nament won't finish on

6:15 p.m., when tournament officials decided to call it a night.

They rescheduled the match to start no earlier than 4 p.m. today.

Djokovic probably didn't mind the wait until today. That's because he reached the final with a gruelling five-set victory over Roger Federer Saturday, while Nadal won his earlier semifinal in straight sets. THE ASSOCIATED PRESS



Sports in brief

Tiger to miss FedEx finale

GOLF. For the first time in his career, Tiger Woods won't be playing a tournament because he's not invited. Woods got off to a rugged start yesterday in the BMW

Championship and shot 1-under 70, leaving him too far back to get into the top 30 in the FedEx Cup standings and qualify for the playoff finale at the Tour Championship. THE ASSOCIATED PRESS



Crossword

Across

- 1 Lived
- 4 Sprite
- 7 Rum cake
- 11 Performances
- 13 Melody
- 14 PC symbol
- 15 Biblical pronoun
- 16 Earl Grey, e.g. 17 Peruse
- 18 Lukewarm
- 20 One
- 22 Clunky boat
- 24 Stick together 28 They usually end
- "amen" 32 Milk dispenser?
- 33 Timber wolf
- 34 Intention
- 36 Culture medium
- 37 Exhaust
- 39 Team members 41 Subordinate bu-
- reaucrat
- 43 Commuters' choice
- 44 Dazzle
- 46 Praise
- 50 Lotion additive
- 53 Yule fuel
- 55 Greek vowel
- 56 Satan's purchase 57 Witness
- 58 Ballerina's frill
- 59 Click through the channels
- 60 Shade source 61 D.C. figure, for
- short

- 1 Power measure 2 Rue the run
- 3 Put an end to

- 13 14 15 16 17 18 19 21 22 23 24 25 26 29 30 28 31 35 36 37 39 40 41 42 43 44 49 45 46 48 52 50 51 57 58 59
- 4 Chow down 5 Stead
- 6 Swiss money
- 7 The altogether 8 Expert
- 9 Constrictor type 10 Moreover
- 12 "Go right ahead" 19 Payable
- 21 Debtor's letters 23 Lingerie item 25 Advantage
- 26 Caboose's posi-
- 27 Blunders 28 Addition sign 29 Parks of civil

- rights fame
- 30 Help in mischief 31 Taste the wine
- 35 World Series org. 38 Butter square
- 40 Diving bird
- 42 Beat 45 Christmas song
- 47 Decorate 48 Bart Simpson's
- school bus driver 49 Author Bellow
- 50 Donkey 51 "Skip to My —" 52 "- Town"

54 Jewel

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For today's crossword answers and for expanded horoscopes, go to metronews.ca

BOOTHARFSAM

➤ Yesterday's answer

Sudoku

10

5		7			6		9
	6		5	2		8	
3							5
		8	9	7	1		
	4					3	
		5	4	1	9		
8							2
	1		3	6		9	
7		6			4		3

How to play

Today

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

19°°/10°°

Variable

6	7	1	3	2	8	9	5	4
8	3	4	1	9	5	6	2	7
2	9	5	7	6	4	1	3	8
3	6	8	4	5	7	2	1	9
9	5	2	8	1	6	4	7	3
4	1	7	9	3	2	5	8	6
5	4	3	6	7	1	8	9	2
1	8	9	2	4	3	7	6	5
7	2	6	5	8	9	3	4	1

Send a

Show some love! Send a note to somebody special at kiss@metronews.ca

To my boo, Our wedding is coming up in april, I can't believe we have been together for 5 years. You are so special to me and I love you more than words can explain. I am so glad you are always there for me. I will be yours forever, I promise. I love you! Muah! DANI XOXO

Vicky here's to the beginning of another school year together. You are my light, my strength, my angel. I love vou. OLEH

Oh Dang! (Deanna!) Happy belated BDay!I was lost till I found u! But then u were taken by your lovely Paul!I'll always wait4 ur love Dang!Its our secret. ANGELAS

My sexiest Thomie, I missing you every minute of my life that we're apart! I can't wait till we together again, our special bond we have together is unique! Luv ya!

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Today's horoscope

T Aries March 21-April 20

Thing will turn around for you and you could easily get carried away and believe that all your troubles are over. Maybe they are. More likely though they never existed in the first place.

¥ Taurus April 21-May 21 You will gain a lot more respect. from both your rivals and your friends, if you don't pussyfoot around today. Decide what your goal is going to be and go for the jugular.

II Gemini May 22-June 21 You may be tempted to choose the easy option and hope that you can get through the day without having to take tough decisions but it's unlikely to happen. And would you really be happy if it did? Challenge yourself.

Gancer June 22-July 22 No

doubt you are tempted to cut corners and take the easiest route to your goal but it's better to go the long way round. You won't get there quicker but you will pick up some good experience along the way.

 Leo July 23-Aug.23 You are thinking too much. Leos are better when taking action, so let your instincts quide you and don't hesitate to follow them down whatever dark alleys they might lead you.

TV Virgo Aug. 24- Sept. 22 Your thoughts seem to be rather intense at the moment and you need to find ways to calm your mind and become more accepting, both of yourself and of other people.

← Libra Sept. 23-Oct. 23 Avoid disputes in which you do not know all the facts. If you get involved and support one side or the other you could end up out on a limb with no way to get back if you find yourself on the wrong side.

M Scorpio Oct. 24-Nov. 22

Whatever you say today someone will make an issue of it. but no great harm will result so long as you don't take their pontificating too seriously.

✓ Sagittarius Nov. 23-Dec. 21 The planets urge you to aim high today, even though your resources may be a bit low. A little bit of effort will go a long way over the next 24 hours. It will go further still if it's got

some thought behind it.

り Capricorn Dec. 22-Jan. 20

You may be envious of someone's luck and popularity but don't let it show. Just use them as a role model — an example of what you would like to be and vow to be someone that others look up to in the future.

~~ Aquarius Jan. 21-Feb. 18 Keep your head today, especially if everyone else seems to be running around in a state

H Pisces Feb. 19-March 20 You seem to be under the impression that your options are limited, that there is only so much you can accomplish. That's nonsense. The only thing that is holding you back is your lack of

SALLY BROMPTON

Caption contest

16°/9°

Variable

Tuesdav



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• A/C, Auto • st: 29194 • km: 69385 \$8,450



10 Mazda3

· Load, A/C, std • st: 31140 • km: 230 \$14,950 121



06 Pathfinder SE

4WD, Load, A/C st: 28503 km: 82663 \$19,850 209

10 Accord LX

• Load, A/C, Auto, • st: 31038 • km: 1588 \$23,830 \$184°

06 Matrix

\$8,860 93.





06 Outback S/W

Load, A/C, Std • st: 31079 • km: 98095 \$13,840 \$146° Bi-weekly



08 Pontiac G5

A/C, Auto st: 29152 km: 59693 8,750 \$**71**°

10 Camry LE

Load, A/C, Auto st: 29736 km: 31787 19,840 161"

07 Caliber SXT

• Load, A/C, Std • st: 29604 km: 79217 9,940 \$91"



07 Rabbit

st: 31059 km: 69949 \$12,860 \$117"

07 Civic Coupe

Load, A/C, Std st: 31075 • km: 48029 \$11,840 \$108°

10 Corolla LE

10 Volvo S40

Load, A/C, Std • st: 29898 • km: 15141 \$25,890

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08 Mazda Tribute

Load, A/C, • st: 29529 • km: 54497 \$17,950



07 Dakota SLT Magnum

4x4, Load, A/C st: 29894 \$15,860

07 Ford Ranger

• A/C, Auto • st: 31003 • km: 51764 \$15,970

06 Mazda B4000

\$13,350

07 Econoline E250

Super Duty, A/C st: 28294 km: 75138 \$17,360 \$158" Bi-weekly

Load, A/C • st: 29473 • km: 20291 \$18,850 \$161°

• st: 29489 • km: 30257

\$17,850

\$144° Bi-wee



09 Dodge Avenger

st: 29707 • km: 62599 \$11,850



4x4, A/C, Auto st: 29365 km: 43250 \$15.950 \$168° Bi-weekly

06 GMC Canyon

06 Avalanche Z71

• 4x4, Load, A/C • st: 29674 • km: 76635 \$19,650 \$207

Bi-weekly

06 Sierra 1500 Z71

 4x4, Auto, Load, A/C st: 29204 • km: 40533 \$21,850 \$223

08 Ridgeline RT

4x4, Load Lthr, Roof st: 28708 • km: 17184 \$32,890 \$254*** Bi-weekly

• Load, A/C, Auto • st: 29949 • km: 101805 \$11,970 \$126°



07 Sienna

• Load, A/C • st: 29879 • km: 90921 \$15,870

145



07 Raider LS

Load, A/C, Auto st: 28990 km: 37060 \$17,890 \$163°

09 Frontier SE

4x4, Load A/C, Auto st: 28694 • km: 32182 \$25,980 \$201*** Bi-weekly

07 Tundra SR5

• 4x4, A/C, Auto • st: 28556 km: 47596 \$29,850 \$261*** Bi-weekly

08 Tacoma 4x4

 Load, A/C, Auto
 st: 29908
 km: 23590 \$28,870 \$223"



06 Audi A4 Cabriolet

06 Escape 4WD

st: 29929 km: 56107 \$27,940 \$285°

06 Tucson

Load, A/C • st: 29878 \$10,650

10 Ford F-150

4x4, Load, A/C st: 29976 km: 34488 \$25,840 \$200"

09 Chevrolet G15

• st: 28312 • km: 38582 \$21,860 \$169"

09 Dodge Ram SLT

• st: 29827 • km: 58042 \$24,950 \$193***

10 Ford F-250 XLT

\$43,750

\$338*** Bi-weekly

• Load, A/C, Auto • st: 31109 \$14,940



09 Jeep Liberty

\$17,950 145"

06 Altima 2.5S

Load, A/C, Auto st: 31136 km: 97046 \$10,640 112

08 Acura CSX NAV

Load, Auto Roof, Lthr st: 29786 km: 72230 16,950

06 Santa Fe

• Load, A/C, Std • st: 31096 • km: 75697 \$10,480 \$110°

Std st: 29044 km: 77412

\$8,350

07 Yaris

Load, A/C, Std st: 31078 km: 48832 \$10,980

08 Saturn Astra

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